

# Little Rock Marathon Registration Opens August 1

Race Officials Anticipating More Than 15,000 Participants for 2014 Season

LITTLE ROCK, AR (*July 29, 2013*) – Little Rock Marathon race officials today announced that registration will open at 10 am CST on August 1 for its 2014 event to be held March 1-2, 2014. The Little Rock Marathon is presented by the Arkansas Democrat Gazette and benefits Little Rock Parks & Recreation.

Race Weekend events include the 12<sup>th</sup> Annual Little Rock Marathon, the Little Rock Half Marathon, the Little Rock 10K, the Little Rock 5K Fun Run/Walk, the Little Rockers Kids Marathon and the Little Rock Health & Fitness Expo.

Registration for the Little Rockers Kids Marathon will open September 1.

The Little Rock Marathon offers a training program to individuals participating in the 2014 race. Official training begins in mid-September with a "build-up" training phase beginning in August 6. The Little Rock Marathon Training Program, presented by Bill Torrey's Rock City Running and KARK Channel 4, is FREE of charge, but registration is required.

Last year's 2013 Marathon was a success with a 15.6% increase in race participation from 2012 and more than 19,000 individuals participating in the various training programs and races according race officials.

Registration will be available online at [www.littlerockmarathon.com](http://www.littlerockmarathon.com) through 11:59 PM CST February 21, 2014. A mail in registration form is also available on the registration page of the website or by calling race headquarters at 501.371.4639. Mail-in registration forms must be postmarked by February 21, 2014.

In the past, all races have sold out, due in part to our famously-HUGE finisher's medals and fun race themes. The 2014 theme is "Epic" and race officials anticipate the race will sell out before the end of the year.

For more information about deadline, details and the race, visit the website or contact the Little Rock Marathon office at 501-371-4639.

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*Little Rock Parks and Recreation oversees 57 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit [www.lrpr.org](http://www.lrpr.org).*